16. The method of claim 14, wherein the cooling medium is directed at the container portion while the container is held in contact with a mold cavity.

17. The method of claim 14, wherein the expanding step includes stretching with a stretch rod, and wherein the stretch rod includes at least one port for directing the cooling medium at the container portion.

18. The method of claim 14, wherein a partial exhaust is provided for promoting flow of the cooling medium.

19. The method of claim 18, wherein directing the cooling medium and applying the partial exhaust is followed by applying a rapid exhaust.

20. The method of claim 14, wherein the directing step reduces the time for cooling the blow-molded container in the blow mold.

21. The method of claim 14, wherein a high pressure source supplies the cooling medium.

22. The method of claim 14, wherein a high pressure source supplies an expansion medium for the expanding step and the cooling medium for the directing step.

23. The method of claim 14, wherein a low pressure source supplies an expansion medium during a preliminary expansion step.

24. The method of claim, 14, wherein a slow exhaust is provided to promote flow of the cooling medium and a rapid exhaust is provided for exhausting an expansion medium.

25. The method of 14, wherein the cooling medium is directed at the container portion from within the blow-molded container.

26. The method of claim 14, wherein the expanding step includes stretching the preform with a stretch rod and injecting an expansion medium to form the blow-molded container and the directing step includes holding the container in contact with a mold cavity and injecting the cooling medium through at least one port in the stretch rod.

27. The method of claim 26, wherein the directing step further includes providing a partial exhaust to promote flow of the cooling medium at the container portion while maintaining the container in contact with the mold cavity.

28. The method of claim 27, wherein the step of applying the cooling medium and partial exhaust is followed by applying a rapid exhaust prior to removal of the container from the mold cavity.

29. A stretch rod for a blow mold apparatus, the stretch rod including at least one port located for directing a cooling medium against a portion of a blow-molded container formed about a handle in the blow mold.

30. The apparatus of claim 29, further including a source for supplying the cooling medium to the stretch rod.

31. The apparatus of claim 29, further including a high pressure source for supplying an expansion medium to the stretch rod.

32. The apparatus of claim 29, further including an exhaust for promoting flow of the cooling medium in the blow mold.

33. The apparatus of claim 32, wherein the exhaust includes a slow exhaust for promoting flow of the cooling medium and a rapid exhaust for exhausting an expansion medium.